



The Kindness Meditation

-Calming the Five Distractions-

Forming attachments to certain emotions can function like a poison in the mind. We can call these negative emotions THE FIVE DISTRACTIONS, as they deflect us from experiencing peace and happiness. Over-focusing on these emotions can prevent us from reaching our goals as we become fatigued and depleted.

This form of meditation views emotions as energies that are blocked in your body. It utilizes a specific breathing pattern to free these energies so they can flow more freely throughout your body. In the Tibetan medicine tradition the word “WIND” is often used to describe these trapped energies. These winds are viewed as the cause for emotional discomfort. By using one’s breath, another wind, one can direct these trapped energies into the central channel, a vibrational pathway on the body along the spine, where they can move more freely thereby alleviating emotional distress.

Here is a list of the conflicting emotions that can dominate our attention. One or more may apply to you at any given time. There is no shame or blame in experiencing these feelings; after all we are human! This meditation seeks to give you a reprieve, a period of contemplative peace from which you can approach your day.

The Five Distractions

Arrogance ~ Pride

Desire ~ Aversion

Confusion ~ Bewilderment

Jealousy ~ Greed

Anger ~ Frustration

Shame ~ Guilt

The Meditation

You may wish to include a focus item in front of your seat, such as lighted candle or a bowl of water, for example. Begin by sitting in a chair or on a meditation cushion, making sure your low back is supported. Add small pillows under your thighs to help support your posture, Practice slow diaphragmatic breathing in the five second inhale and five second exhale pattern.

Use “coming into meditation posture,” to release these distracting emotions, honoring yourself for being a human being and extending kindness to yourself.

← Coming to the mat or cushion and sitting down, as you exhale, acknowledge your concerns, your issues and as you settle in, as you exhale, release any feelings of **shame or guilt**, any “not good enough” self evaluations.

← As you cross your legs, as you exhale, bring your attention to downward flowing energy into central channel freeing **anger and frustration**.

← Holding your hands on your thighs or together, as you exhale, bring your attention to water energy flowing into the central channel freeing **jealousy and greed**





← Raising your shoulders, rotating gently back, lowering shoulders and feeling the support of your spine, as you exhale, noticing earth energy flowing into the central channel freeing **confusion and bewilderment**

← Bending your head bent down gently, as you exhale, noticing fire energy flowing into the central channel freeing attachments to **desire or aversion**

← Placing your tongue in the roof of your mouth, as you exhale, noticing wind energy flowing into the central channel freeing **pride and arrogance**

Settle into the Meditation

Notice how you are breathing – which muscles are moving as you breathe, then give a nice long exhale... feeling the energy flow down to your hips

Expand your belly as you inhale to the count of five full seconds

Let your belly collapse as you exhale to the count of five full seconds.

Now end by placing both hands on your face over your eyes ... feel energy of kindness move under your hands

Place your hands on the back of your neck, resting your chin on your hands... feel energy of kindness move in your hands

Place left hand over thymus and right hand over your heart... feel the pulsing of your heart and the movement of energy of kindness in your hands

Place your hands on your back over your kidneys... feel the energy of kindness in your hands

Place your hands over your belly.... Feel the energy of kindness begin to flow throughout your entire body

Place your hands on your thighs... send this kindness to the very bottoms of your feet.

Sit in self- acceptance, unconditional love, peace, gentleness and gratitude.